

Practicing parkour

Before starting, warm up by jogging, skipping, jumping jacks, mountain climbers, squats, ... to raise the temperature.

1. Drag the names to their pictures.



Squat



Mountain climbers



Jogging



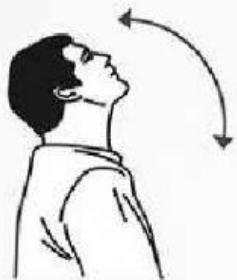
Skipping



Jumping jacks

2. After warming up, stretch your muscles. (Hold each stretch for at least 20 seconds).

1



2



3



4



5



6



7



8



9



3. Read the safety measures and match the audios with the right message.



Don't risk too much



Take time to progress



Know your possibilities



Train to get better



Don't put others in danger

4. Choose the right action.

He is over the floor.



He tries to over the plinth.



He is the wall.



She is on the ground.



5. What are the benefits you can get from practicing parkour? Decide if it's true or false.

You can get more **agile**.

You can improve your **reading** skills.

Your **strength** increases.

You become capable of **overcoming** many **obstacles**.

You improve your ability to **defend** rivals.

